

# FluBytes



January 11, 2013

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## INFLUENZA ACTIVITY

Michigan influenza activity continues to increase. Numerous reports of respiratory outbreaks in long term care facilities were reported this week. For detailed surveillance information, refer to MI FluFocus.

### Michigan

- [Lake Fenton Freshman Dies After Experiencing Flu-Like Symptoms](#)
- [Michigan confirms 4th flu-related death of child](#)
- [Early flu season hits Michiganders hard](#)
- [Cases of the flu increase in Michigan](#)
- [Farmington Hills Hospital Seeing 'Much Higher' Rate of Flu Cases](#)

### Nationwide

- [Flu Activity Picks Up Nationwide](#)
- [Flu Cases Rise Across U.S., Severe Season Feared](#)
- [Flu surge triggers Boston public health emergency](#)
- [Google Flu Trends show levels higher than the 2009 H1N1 Pandemic](#)
- [Flu picks up steam across the USA](#)
- [Flu Widespread, Leading a Range of Winter's Ills](#)

### International

The World Health Organization (WHO) [provided an influenza](#) update on January 4. Many countries in the northern hemisphere are reporting rising influenza activity.

### Hospitals Impacted by the Current Flu Season

According to recent news articles a [Pennsylvania hospital](#) has set up a mobile surge tent outside its emergency department. Eleven hospitals [in Illinois](#) were on bypass - a temporary diversion of ambulances to other hospitals because of a surge of people with flu symptoms. In [Minnesota](#), some hospitals ARE setting visitor restrictions.

### Additional News Articles

- [Hospitals struggle, overburdened with flu patients](#)
- [Influenza information, via smartphone](#)
- [Nasty Flu Season Could Lead to Sickly Growth.](#)

## ANTIVIRAL NEWS ARTICLES

- [Health Department monitoring stock of flu medication](#)
- [Canada, US brace for potential Tamiflu shortages](#)

## CELL BASED FLU VACCINES

This week CDC posted a [Q&A on Cell Based Flu Vaccines](#).

## INFLUENZA RELATED JOURNAL ARTICLES

A recent study in [Pediatrics examined the](#) impact of the expanded flu vaccination recommendation in US children since 2004. The researchers conducted population-based surveillance for laboratory-confirmed influenza among children aged <5 years presenting with fever and/or acute respiratory illness to inpatient and outpatient settings during 5 influenza seasons in 3 US counties. They concluded that despite expanded vaccination recommendations, many children are insufficiently vaccinated and substantial influenza burden remains.

## PANDEMIC INFLUENZA

On January 9, 2013 CDC posted an updated [International Laboratory Capacity Review Tool](#).

## FLU RESOURCES

### FLU VACCINES REQUIRED TO BE ENTERED INTO MCIR

As a reminder, providers are required to report flu immunizations administered to every child less than 20 years old within 72 hours of administration into the [Michigan Care Improvement Registry \(MCIR\)](#). Please ensure you are entering your doses for adults as well!

Stay up-to-date with:

MDCH: [www.michigan.gov/flu](http://www.michigan.gov/flu)

CDC: [www.cdc.gov/flu](http://www.cdc.gov/flu)

HHS: [www.flu.gov](http://www.flu.gov)

## HEALTH MAP VACCINE FINDER

If you offer influenza vaccines and have posted this information on the [HealthMap Vaccine Finder](#) please make sure your information is up-to-date.

## FLU VACCINE AVAILABILITY

The National Influenza Vaccine Summit's [Influenza Vaccine Availability Tracking System](#) (IVATS) is designed to enable healthcare providers to find influenza vaccine to purchase, especially during the critical vaccination period.

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# Flu Season Is Here

## Get Vaccinated Today

### Flu vaccine infographic

#### EVERYONE 6 MONTHS AND OLDER

Everyone **6 MONTHS OF AGE AND OLDER** should get the flu vaccine. Seasonal flu vaccines have a very good safety track record.

#### PEOPLE AT HIGH RISK

It is especially **IMPORTANT** TO GET THE VACCINE IF YOU, SOMEONE YOU LIVE WITH, OR SOMEONE YOU CARE FOR IS AT **HIGH RISK** of complications from the flu.

- ✓ Children & Infants
- ✓ Pregnant Women
- ✓ Seniors
- ✓ People with Disabilities
- ✓ People with Health Conditions
- ✓ Travelers & People Living Abroad

### How should I get the vaccine?

There are **TWO TYPES** of vaccine, the flu shot and the nasal spray. Both protect against the same virus strains.

#### FLU SHOT

Made with inactivated (killed) flu virus

Given by needle

Approved for use in healthy people older than 6 months and people with chronic health conditions

#### NASAL SPRAY

Made with weakened live flu virus

Given with a mist sprayed in your nose

Approved for healthy people between the ages of 2 and 49, except pregnant women

### Can I get the flu from the vaccine?

#### NO, YOU CAN'T GET THE FLU

**NO, YOU CAN'T GET THE FLU** from the flu vaccine. The flu vaccine protects you from the flu, not the common cold. But you may experience some side effects.

#### MILD REACTIONS

**MILD REACTIONS** such as soreness, headaches, and fever are common side effects of the flu vaccine.

### When should I get the vaccine?

Get your flu shot or spray **TODAY**. Flu season usually peaks in January or February, but it can occur as late as May. **EARLY IMMUNIZATION IS THE MOST EFFECTIVE**, but it is not too late to get the vaccine in December, January or beyond.

### Where can I get the vaccine?

Visit **FLUGOV** and use the **FLU VACCINE FINDER**.

**Flu Vaccine Finder**  
A simple, one-minute tool to help find your nearest flu vaccine location.

Enter Zip Code

Find a Location

FLU.gov

A federal government website managed by the U.S. Department of Health & Human Services  
200 Independence Avenue, S.W. Washington, D.C. 20462

This infographic is available at: [www.flu.gov/prevention-vaccination/vaccination/flugov\\_infographic.html#](http://www.flu.gov/prevention-vaccination/vaccination/flugov_infographic.html#)